

## Chapter 4 – My Forgiveness List

Make a list of those memories that bring up negative emotions such as, anger, sadness, disappointment, failure, betrayal, embarrassment, etc. Give each memory a title with a few keywords naming the emotions/feelings connected to the memory. At the end of each line, write the name of the person you need to forgive or circle the word **Myself** or **Situation** as it applies to each given memory.

Note: In the following example, I marked all three possibilities. I would need to forgive the unknown person and forgive myself for leaving the dog out. I would also need to forgive the situation of loss.

Example:

Title: Someone ran over my dog Who: Unknown person Myself or Situation

Feelings/Emotions: grief, anger, hatred, loss, sadness,

Title: \_\_\_\_\_ Who: \_\_\_\_\_ Myself or Situation

Feelings/Emotions: \_\_\_\_\_

Title: \_\_\_\_\_ Who: \_\_\_\_\_ Myself or Situation

Feelings/Emotions: \_\_\_\_\_

Title: \_\_\_\_\_ Who: \_\_\_\_\_ Myself or Situation

Feelings/Emotions: \_\_\_\_\_

Title: \_\_\_\_\_ Who: \_\_\_\_\_ Myself or Situation

Feelings/Emotions: \_\_\_\_\_

Title: \_\_\_\_\_ Who: \_\_\_\_\_ Myself or Situation

Feelings/Emotions: \_\_\_\_\_

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Feelings/Emotions: \_\_\_\_\_

Title: \_\_\_\_\_ Who: \_\_\_\_\_ Myself or Situation

Feelings/Emotions: \_\_\_\_\_

